

Internal verses External Locus of Control

The concept of locus of control refers to the degree to which individuals believe they have control over the events that affect their lives. It was developed by psychologist Julian Rotter in the 1950s. There are two types of locus of control:

1. **Internal Locus of Control:** People with an internal locus of control believe that their own actions and decisions directly influence the outcomes in their lives. They feel responsible for their successes and failures and are more likely to take initiative and persist in the face of challenges.

2. **External Locus of Control**: Individuals with an external locus of control believe that external factors, such as luck, fate, or other people, have a greater impact on their lives. They may feel less in control of their circumstances and are more likely to attribute their successes and failures to outside influences.

Understanding your locus of control can help you identify areas where you might want to develop more personal agency or, conversely, recognize when it's appropriate to acknowledge external factors.